



October 18, 2005

## **LIGHTNING 6 NOTE #2—PHYSICAL FITNESS TRAINING**

### **PHYSICAL FITNESS IS THE CORNERSTONE OF COMBAT READINESS**


1. Physical fitness training is the number one priority each day units are in garrison. Unit commanders will specifically list physical fitness activities on their training schedules. Physical fitness training will focus on aerobic conditioning, upper body strength, and tactical road marching.
2. Unit commanders will develop programs that are battle focused. Leaders must be trained first to ensure a successful and progressive fitness program that offers variety and challenge without risking injury due to repetitious activities such as daily long distance running. Commanders will devote special attention to profile physical fitness programs and initiatives for newly arrived Soldiers to ensure the programs are in keeping with Army guidance, Soldiers' capabilities, and the strength, endurance and mobility fitness training principles.
3. Pregnant Soldiers will be enrolled and encouraged to participate in the Pregnant Soldier Physical Fitness Training conducted at the health and fitness center or continue to participate in their regular unit physical training program, within the limits of their profile. Moderate exercise during pregnancy and postpartum promotes a faster return to physical fitness levels and prevents excessive body fat gain. Commanders will ensure Soldiers are medically cleared for this program throughout the term of the pregnancy. Unit commanders will assign an NCO to ensure pregnant Soldiers attend training, and serve as a point of contact with the fitness instructors. Those Soldiers that elect not to participate in the physical fitness portion of the training are still required to be present at each fitness session in order to receive health instruction and/or assist the other Soldiers as required. Commanders must inform the Division Surgeon of every individual who is conducting physical training with the unit. The Division Surgeon will monitor attendance monthly and report attendance to unit commanders and the Division Chief of Staff.
4. Unit commanders are encouraged to establish goals for their units that are in keeping with the unit mission. A goal is a bench mark that the individual should strive to achieve whereas a standard is a bench mark that must be achieved. This is an important distinction when

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considering extra training, administrative, or UCMJ action. Generally, these actions are only applicable to a standard and not a goal.

5. All Soldiers in the 25<sup>th</sup> Infantry Division (Light) and US Army Hawaii are warriors first. Therefore, the following goals are established for all Soldiers:

- a. Complete a 4 mile run in formation (no larger than a platoon) in 36 minutes.
  - b. Earn the physical fitness badge for their age group.
  - c. Be able to do 6 pull-ups (palms facing away), each from a dead hang.
  - d. Road march 8 miles in 2.5 hours in a tactical formation with a fighting load (individual weapon, load bearing equipment, and 35-40 pound pack).
  - e. Swim 15 meters with LBE, uniform and weapon.
6. Commanders are personally responsible for the conduct of their physical training programs. We will prepare Soldiers for the duties they will perform on the battlefield.

  
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Commanding